

February 9, 2004

**Free Foot Exam Clinic Scheduled for People with Diabetes**

The Magic Valley Diabetes Coalition is offering a free foot exam clinic for people who have diabetes. Podiatrists Dr. Randy Wraalstad and Dr. Craig Holman will be conducting the free exams on Monday, February 23, from 1-3 p.m. at the Kimberly Senior Center located at 310 Main St. N. in Kimberly.

“According to the American Diabetes Association, about 82,000 non-traumatic lower-limb amputations are performed each year among people with diabetes,” said Susie Beem, Diabetes Program Coordinator for South Central District Health. “Diabetes is the leading cause of amputation of the lower limbs. However, it is clear that as many as half of these amputations might be prevented through simple, yet effective, foot care practices.”

People who have diabetes are vulnerable to nerve and vascular damage that can result in loss of protective sensation in the feet, poor circulation, and poor healing of foot ulcers. All of these conditions contribute to the high amputation rate in people with diabetes, but early identification of foot problems and early intervention to prevent problems from worsening can avert many amputations. It is recommended that people who have diabetes have their feet examined *at least* once a year by a trained health care professional.

To make an appointment for a free foot exam, call Susie Beem at South Central District Health, 734-5900, ext. 246.